

Navy Knowledge Online announces improvements

NNS

Navy Knowledge Online (NKO), the Navy's premier interactive education and training tool for Sea Warriors, is moving into another phase of service to the fleet.

The Web site is a one-stop knowledge location for Navy education, training and professional growth management.

Unprecedented growth over the last 12 months prompted a redesign to improve usability and ease navigation for individual users searching for content specific to their needs. There are now more than 480,000 worldwide users of NKO.

"Our cutover to the redesigned NKO requires transitioning the original NKO site with the same functionality and capabilities to new servers, using new and current portal technology and migrating more than 20 gigabytes of data, content and courses," said Peg David, the NKO program manager for the Naval Education and Training Command (NETC) in Pensacola. "It has been a huge undertaking, but will prove to be well worth the effort."

Vice Adm. Kevin Moran, NETC commander and the Navy's chief learning officer, noted the NKO update was based on Sailor input.

"The upgrades resulted from months of evaluation and extensive input from fleet Sailors throughout the world," said Moran. "Users will find a more intuitive display with detailed help instructions and will be able to find relevant content with fewer mouse clicks. The new layout focuses on content related to the individual, based on location in NKO and the user's status, whether-active duty, Reserve or civilian."

Once the new phase of NKO is



launched in June of this year, Sailors will be able to use all of the functions they have become familiar with over the last several months, including white pages, message boards, notifications, administrator functions and a fully-integrated NKO library. All user-specific tabs and bookmarks will be retained under the upgrade.

Several additional upgrades are in progress to provide better support to the fleet.

"A combined Sea Warrior afloat working group is making steady progress to integrate NKO afloat with several programs, such as the Job Advertising and Selection System and 5 Vector Model via the NAVSEA (Naval Sea Systems Command) distance support portal," said David. "More details will follow later this year."

Sailors can learn more about NKO's redesign functionalities and capabilities by exploring the links on the NKO homepage. Detailed instructions, user guides and tutorials can be found under the "Inside NKO" tab. These links and learning tools will be updated as the redesign cutover approaches and will be found on the NKO homepage under "About NKO".

For more information about Navy Knowledge Online or to jumpstart your career educational planning, visit the Navy Knowledge Online Web site at www.nko.navy.mil.

Navy Lodge manager Jicha wins top award

Susan Jicha has been selected as the Manager of the Year for the Navy Lodge Program. Susan was selected from 46 other lodge managers worldwide, and received the award at the Navy Lodge Program yearly conference in Orlando, Fla. in April.

Jicha has traveled extensively throughout the year -- she showed an exemplary willingness to go wherever her region manager asked her. She has participated in various management training courses and has received multiple certifications from the Educational Institute of America for such titles as Certified Hotel Administrator and Certified Rooms Division Executive, along with attending executive skills development training by the Navy Exchange Service Command.

When Hurricane Ivan wreaked havoc on Florida in 2004, Jicha was able to donate used furniture from demolished Navy Lodge facilities on board NSA Mid-South to NEX associates in Pensacola that had lost their homes and possessions. She worked diligently with the director of the Navy Lodge Program, Michael Bockelman, financial manager Pam Wheeler and NSA Mid-South Navy Exchange general manager Greg Wright to accomplish this humanitarian service for these associates, some of whose families were military personnel who give so freely of themselves to serve and protect the nation.

Jicha has served on several committees to promote the Navy Lodge program, both locally



Susan Jicha

Wayne Smith photo

and nationally. She transferred to Navy Inn-Navy Lodge NSA Mid South in 2003 from Puerto Rico. Prior to that, she managed several lodges worldwide, from Italy to Virginia Beach.

Jicha strives for excellence not only in herself, but for the associates who work alongside her. She set a goal for herself and her staff of receiving the Silver Pineapple Award from the American Hotel and Lodging Educational Institute, signifying participation in the institute's stringent industry criteria. She was able to obtain this goal within one year 2004, and surpassed it in 2005 by receiving the Golden Pineapple.

(Continued on p. 2. See Jicha)



U.S. Navy photo by PHC Johnny Bivens

The military's top leaders address the media concerning the decision-making process for the current Base Realignment and Closures during a press conference held at the Pentagon. From left are Vice Chief of Staff, U.S. Army Gen. Richard A. Cody; Chief of Naval Operations, Adm. Vern Clark; U.S. Air Force,

Chairman of the Joint Chief of Staff Gen. Richard B. Meyers; Secretary of Defense, the Honorable Donald Rumsfeld; Chief of Staff, U.S. Air Force Gen. John P. Jumper and Commandant of the Marine Corps Gen. Michael Hagee.



Navy College graduation

The commencement for Navy College will be held at 6:30 p.m. tomorrow night, at the Mid-South Conference Center, building N-767.

Newsbriefs

Navy-Marine Corps Relief Society

The Navy-Marine Corps Relief Society is a valuable resource to Sailors, Marines and their families. For more information or assistance in any way, please call 874-7350 to schedule an appointment. The hours of operation are Tuesday, Wednesday and Thursday from 9 a.m. to 1 p.m. The Thrift Shop, located at building S-239, is open Tuesday and Thursday from 11 a.m.-1 p.m.; Wednesday and Friday from 9 a.m.-1 p.m., and the first Saturday of each month from 9 a.m.-1 p.m.

NMCRS Thrift Shops help stretch your budget when you need to buy household items available at a fraction of the original cost. You can find bargains on pots and pans, books, furniture, uniform items, and lots more. These shops are well-stocked with children's clothing -- sweaters, winter jackets, shoes, etc. Thrift Shops are especially good for saving you money on expensive items you may not use often, such as sports and camping equipment, tap shoes, or musical instruments.

Before spending your hard-earned paycheck on new white elephants, check out the savings available at the Thrift Shop here on base.

NEX Pharmacy

As of June 1, 2005, the NEX Pharmacy at NSA Mid-South will close daily from noon-1 p.m. This change is necessary in order to maintain the highest standards of patient safety at all times, while also considering critical staffing issues. TRICARE Network Pharmacies are available for all after hours or weekend needs. The NEX Pharmacy hours will be as follows: Monday through Friday, 8 a.m.-4 p.m. (closed noon - 1 p.m.); first Thursday of each month, 8 a.m.-noon; Saturday, Sunday and all federal holidays, closed. All prescriptions must be turned in 30 minutes prior to close of business to ensure same-day processing.

Fleet Reserve Association meeting

Memorial Day services by the Fleet Reserve Association will be held at the Memphis Yacht Club at 10 a.m., May 30. Visitors are welcome. Call 388-2318 for more information.

Daywear Fitting Clinic at NEX

Ladies, join the NSA Mid-South Navy Exchange from noon-3 p.m. on Wednesday, May 25 in the store's Intimate Apparel Department for a Daywear Fitting Clinic. Brand representatives will be present to help you select the best-fitting intimate apparel for you.

NNS

Secretary of Defense Donald H. Rumsfeld announced last week that the Department of Defense's (DoD) recommendations to close or realign military facilities in the United States will better position U.S. forces to confront this century's threats. The recommendation, if fully implemented, will generate an estimated net savings of nearly \$50 billion over the next two decades. When combined with the anticipated savings from overseas basing realignments around the world, the projected net savings increases to \$64.2 billion.

"Our current arrangements, designed for the Cold War, must give way to the new demands of the war against extremism and other evolving 21st-century challenges," Rumsfeld said. DoD's BRAC recommendations, if adopted, would close 33 major bases and realign 29 more.

The BRAC recommendations were developed in a process that began in 2001, with the initiation of a review of how U.S. forces were arrayed overseas. Prospective changes DoD's global posture were fed into the analysis and recommendations. As a result, forces coming home will return to installations better arrayed to train and

deploy for possible contingencies around the world.

DoD's BRAC recommendations were developed by the military services and seven joint cross-service groups in consultation with the combatant commanders. Each recommendation was created under the procedures established in the Base Closure and Realignment Act of 1990, as amended. The BRAC analysis started with the 20-Year Force Structure Plan and DoD's inventory of facilities, and then applied BRAC selection criteria that had been published early in 2004.

These criteria give paramount importance to an installation's military value. Other considerations included costs of potential savings, and economic and environmental impacts of potential changes. The BRAC analysis used data that was certified accurate in a process monitored by the Government Accountability Office and DoD's inspection and audit agencies.

The department's BRAC recommendations are intended to:

- Enhance the military's ability to meet contingency surge or mobilization requirements;
- Retain those installations that have unique capabilities that would be difficult to reconstitute at other loca-

tions;

- Consolidate similar or duplicative training and support functions to improve joint warfighting;
- Transform important support functions -- including logistics, medicine and research and development -- by capitalizing on advances in technology and business practice.

DoD's recommendations will now be reviewed by the BRAC Commission, which will seek comments from the potentially affected communities. As it has in the past four BRAC rounds, DoD will assist affected communities in a variety of ways. DoD programs include personnel transition and job training assistance, local reuse planning grants, and streamlined property disposal. DoD will join with other federal agencies to offer additional assistance to affected communities.

Once the commission has completed its review, it will present its recommendations to the President. The President must approve and submit the commission's recommendations to the Congress for review and appropriate action. The entire process is expected to be completed by the end of 2005.

For news on how BRAC affected NSA Mid-South, see the Captain's Log on p. 2.

Commentary

Captain's log

The Department of Defense's recommendations to the Base Re-alignment and Closure (BRAC) Commission were released on Friday. Those recommendations still have a lengthy approval process to go through over the next few months, but if they are approved, NSA Mid-South will increase by approximately 1,000 positions. The commands we'll potentially be receiving are the Enlisted Placement Management Center, Naval Reserve Personnel Command, Naval Reserve Recruiting Command from New Orleans, and the Navy Education and Training Command and Naval Personnel Development Command from Pensacola.

The Navy's BRAC impact will save the nation more than \$1.5 billion a year once fully implemented. The BRAC recommendations were designed to

be fair and objective. Governed by law, with checks and balances at every level, primary consideration was given to military value and recommendations were based on certified data and a look at what the force structure would be in 20 years.

These recommendations will place the right capabilities in the right places, match facilities to forces, and allow us to invest resources where they are most needed.

We here at NSA Mid-South support the DoD recommendations and believe that they will advance transformation, combat effectiveness, and good use of the taxpayer's dollar. The entire report is posted on the BRAC Web site (www.defenselink.mil/brac). In addition to listing the recommended closure and realignment actions, the report contains all of the background and justification



Captain
Helen F.
Dunn

for the proposed actions.

In other news, MWR's Concert on the Green program is in full swing. Each Friday in May, enjoy a free concert on the Glen Eagle Golf Course. This week is a performance by Memphis favorite Andy Childs; next week will be our own Navy Band. The show is from 6 to 8 p.m., and everyone is invited.

Speaking for the fleet

Have there been mentors in your life?

By **FLTCM(AW/SW) Jon R. Thompson**
Fleet Master Chief Petty Officer U.S. Fleet Forces Command

Most of us can identify people who have had a significant and positive impact on our lives. I would argue most of us could not achieve success without the support and guidance from others. These people that help us along the way are called mentors.

Mentors can be friends, relatives, co-workers or teachers, as well as historic or contemporary personalities. Most often, a mentor is a more experienced, older person who acts as a role model, compatriot, challenger, guide or cheerleader.

So who's your mentor? Do you have one? Does the person know he or she is your mentor?

A little more than two years ago the Chief of Naval Operations challenged the Navy's leadership to ensure every Sailor was assigned a mentor. Two years into this tasking, I'm wondering if we have truly embraced his vision. Does every Sailor really have a mentor? As I travel throughout the fleet, when I ask about mentorship, I often get the correct definition of the word, but routinely fail to hear from Sailors who their mentors are.

Mentorship is invaluable to our Navy. Think about it -- who taught you about your rating? Who helped you out when others didn't have time to? Who helped you make your own life decisions by providing you advice and counsel without actually telling you how to live your life? Is there someone like that in your past? If so, that person was probably being a mentor.

While it is possible to succeed in the Navy without a mentor, having a mentor makes things much easier. The benefits of an outstanding mentoring connection are limitless.

Mentoring essentially links you with a more experienced Sailor for professional development. The degree of mentoring varies depending on the goals and needs of the protégé. So what does a mentor do?

Mentors are coaches. Mentors should enhance your job skills and push your intellectual development. Additionally, they pass along information, provide candid feedback about your perceived strengths and development needs, and point out opportunities for you to develop and demonstrate your capabilities. Simply put, they push you to success.

Shipmates, I can't think of a single person I know in the leadership community that didn't have a great mentor. As you climb in rank, you start to realize how important it was for others to assist you in your own career. Whether your mentor was assigned to you or your mentor grew out of a long-term professional relationship, you probably don't (or can't) realize what an impact this person is having on your career.

Jicha (cont. from p. 1)

This yearly award is only given to five hotels nationally, and all major chain hotels compete and strive to obtain this honor -- not just those in the Navy Lodge program.

In 2003, Jicha and the Navy Inn associates were able to obtain a five-star rating for the Bachelor Housing Accreditation Program, the highest award in the Navy's Bachelor Housing program, and has maintained this rating to date up to the present.

Jicha is modest about her latest accolade. "The manager's award is not something you get because you do everything by yourself. I'm very lucky to have a great staff. I was surprised to win, but I told my people that I was sharing the award with them, because they deserve the credit."

YOUR Navy Lodge is celebrating 35 years of service!

You are cordially invited to the Navy Lodge



35th Anniversary Celebration

Navy Lodge
Thursday, May 26
11:30 a.m. to 1 p.m.

♥ Have your picture taken with Elvis! ♥

There will be food, refreshments and plenty of entertainment!

Proceeds will be donated to the Navy-Marine Corps Relief Society

Compete in the "Millington Idol" Karaoke Contest by singing your favorite '70s or Elvis song

Spend a night at NSA Mid-South Navy Lodge on Monday, May 30 and receive a special room rate

The Bluejacket

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Chaplain's corner

God bless our military

By Chaplain (Capt.) Gerald D. Seely

This month, ally nations recognized and honored the 60th anniversary of the end of World War II in Europe. We watched on television as President George Bush and President Vladimir Putin, the president of Russia, participated in ceremonies that honored the millions of military and civilians that died during World War II.

As Memorial Day approaches, our thoughts turn to many in our own nation's history who paid the ultimate sacrifice on our behalf. We are reminded daily, as the war on terrorism continues, that the cost of freedom and homeland security is paid with the lives of very brave and patriotic young men and

women. Many of you will visit cemeteries this Memorial Day to honor and remember relatives. I ask you to also remember these brave Americans whose sacrifices enable each of us to live in relative peace and safety. I ask you to also remember their families, who this Memorial Day will feel a sense of loss and grief.

As we continue this struggle against evil and tyranny, we must not grow weary, but fight the good fight until all people can live in peace and tranquility. God bless our nation, and God bless all who serve in our military -- may he keep us all safe from harm and danger.

First aid for your wallet

Lemon legalities; a boy named Sue?

From Flagler College
St. Augustine, Fla.

Lemon aid

If you are stuck with a lemon for a new car, you don't need a lawyer to make lemonade. Just follow these simple instructions:

- File a complaint with the dealer or manufacturer immediately. You only have 24 months from the date of delivery to file a claim.

- Check the Technical Service Bulletins (TSB's) for a used car at <http://www.odn.nhtsa.dot.gov/cars/problems/tsb/> to find out any repair or crash involving your vehicle.

- Keep records of all repairs and ask your mechanic to write any TSB requests on repair orders. For more tips and specifics on lemon laws, go to www.lemon-check.net or www.yourlemon-lawrights.com.

Power of attorney

It's best to avoid filing a lawsuit, but if you MUST hire a lawyer, *Bottom Line* magazine recommends that you do the following:



Quote noted

I don't mind what language an opera is sung in so long as it is a language I don't understand.

-- Sir Edward Appleton

Once you've had chemotherapy, there's no such thing as a bad hair day. -- Elizabeth Tilberis

The desire of the man is for the woman, but the desire of the woman is for the desire of the man. -- Germaine de Staël

An important scientific innovation rarely makes its way by gradually winning over and converting its opponents: what does happen is that the opponents gradually die out. -- Max Planck

I may be a living legend, but that sure don't help when I've got to change a flat tire. -- Roy Orbison

Show your spouse you care: threat her to a night out at Navy Lodge

This May, show your spouse how much you appreciate them by treating them to a night or weekend at a Navy Lodge. With 44 Navy Lodge and Navy Inn locations worldwide, there's bound to be one near your favorite vacation spot or your home.

"Since Navy Lodges are, on the average, 40 percent less expensive than a comparable suite in the civilian sector, it won't cost you a lot of money to show your spouse how much you care," said Susan Jicha, manager of Navy Lodge Mid-South. "Plus, you know you're getting quality accommodations. A recent *Los Angeles Times* article put Navy Lodges in the top five worldwide hotel chains when it comes to

cleanliness, according to a survey conducted by Market Metrix Hospitality Index."

Navy Lodge rooms are air-conditioned, have satellite TV with HBO, DVD or VCR players, direct-dial telephone service and a kitchenette complete with microwave, refrigerator and utensils. Guests will also find housekeeping service, vending machines, DVD or video rental service and guest laundry facilities, as well as handicapped-accessible rooms. There are also free local calls, coffee and newspapers.

To make reservations, call 1-800-NAVY-INN, or log on to www.navy-lodge.com.

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YN3 Claudio R. Duarte (left) receives a Letter of Commendation for being chosen as Navy Personnel Command's Bluejacket of the Quarter, first quarter 2005. Commander of the Navy Personnel Command, Rear Adm. John M. Stewart, presents the award.



Shelly Hayes is the NPC Civilian of the Quarter, first quarter 2005. Hayes is a human resources assistant in the Career Management Department of NPC.



HM1 Gary A. Rau was presented with a Letter of Commendation for being chosen as NPC's Sailor of the Quarter, first quarter 2005.

Personnel Command names its best

Photos by JO1 Teresa Frith, Navy Personnel Command



Bobby L. Hudnall (left), a resource assistant in the Business Operations Department, is presented with a Letter of Commendation for being the Commander, Navy Personnel Command's Senior Civilian of the Quarter, first quarter 2005.



Stewart presents JO2 Amie E. Hunt (left) with a Letter of Commendation for being chosen as NPC's Junior Sailor of the Quarter, first quarter 2005.

Extra access road to return off Navy

Story and photos by Wayne Smith

The new building that will house the Pass and ID Card Service Center is well underway -- and according to Ken Wilson, NSA Mid-South engineering technician for Resident Officer in Charge of Construction, the construction is due for completion in July 2005.

In order for visitors or new base residents, such as assigned military and civilian personnel, to gain easier access the center, a new road branching off Navy Road is under construction so vehicles will not have to enter through the protected Willis Gate. Unlike in the past, special passes will not be necessary just to get to the building.

Just a few years ago -- before Sept. 11, 2001 -- the fences



around NSA Mid-South were removed. Following 9/11, fences were reinstalled and gates were once again manned for higher levels of security, and the bypass road to the old 1940s-era Security building (located next to the Willis Gate) was closed off.

When the decision was made to build the new pass and ID

building at the same approximate location of the old Security building, an easier route to the site was needed to avoid congestion at Willis Gate. When this road and new pass and ID center are complete, visitors can once again drive up and begin the paperwork requesting the necessary pass and identification documentation.



Top photo: work on the new pass and ID building progresses. Left: workers set up barriers for concrete curbs to be poured on new access road.

NAVY EXCHANGE SPECIALS MAY 22-28									
MAIN LOBBY	22	ONE DAY ONLY	23		24		25		26
Russian Treasures Giftware & Collectibles Thru May 29	20% Off Entire Stock of Flower Pots	20% Off All Children's Swimwear	NEX & Furniture Sale Starts	"Bali Fitness" Personalized bra fittings with the Bali Rep.	20% Off Entire Stock Of Beach Towels & Swimwear	WEBER Q 164.99 GAS GRILL Value Demo: 11:00-2:00 Garden Shop	8-DAY MEMORIAL DAY SALE BEGINS	20% Off All Sandals	28



GMC Charles Campbell (right), Armory, measures Public Works Seabee CE2 Stephen Nichols for height during initial measurements for the PRT qualification testing next week.



Campbell measures Nichols' neck. Neck dimensions also help determine the body fat content of the individual.

‘SHAPE UP OR SHIP OUT!’

Story and photos by Wayne Smith

Sailors from NSA Mid-South recently ran up on that time of year when all their daily training is put to the test.

It was PRT (physical readiness test) time once again. Good physical condition is an important part of being a good Sailor. In fact, Master Chief Petty Officer of the Navy Terry Scott stated in April that a tougher policy tying the PRT and body mass index to career longevity and advancement in the Navy is in the policy-making stage. Sailors will find out in July whether those proposed changes become official.

According to guidelines implemented in 2000, the semi-annual PRT consists of four phases: a sit-reach, sit-ups, pushups, and a one-and-a-half mile run or a 500-yard swim test. Participants are graded on test and body fat measurements according to their age. To ensure safety, participants must have an updated physical exam and be within body fat standards. Participants are also questioned as to their present overall health condition prior to testing.

Sailors who fail three or more PRTs in a four-year period carry forward their two most recent failures. If the Sailor does not pass their next PRT, they could possibly not be allowed to reenlist and could be separated at the end of their present enlistment.

“A basic approach to decrease the risk of injury during the PRT or any other type of strenuous exercise is to be involved in a year-round program of aerobic activity at least three days

a week for at least 20 minutes a day,” according to Lt. Cmdr. Doug Forcino, former Bureau of Naval Personnel, physical fitness and sports program officer.



Weight is carefully noted before the PRT.



Ciesielski stretches just prior to being tested on the sit-ups and pushups portion of the PRT qualifications.



Ciesielski completes a total of 33 pushups with legs straight as she lowers herself to just off the floor for each repetition. Her total score put her in the “good, high” category of physical readiness.



EN2 Marlene Ciesielski, Command Services, exhibits the proper form as she sits with knees bent, arms folded across the chest and elbows to knees for 80 sit-ups in the allotted time.



The scale tells the story as each member of NSA Mid-South is analyzed for physical fitness. Campbell adjusts the weights carefully.

Promotions and awards



Janice Kelly (left) was recently selected as the MWR Employee of the Quarter for the first quarter of 2005. Kelly serves as an operations assistant at the Glen Eagle Golf Course and has been with MWR for nine years. MWR director Ronnie Miles presents the award.



Jasmine Knight was chosen the MWR Customer Service Employee of the Year at the MWR Awards Breakfast. Knight is a recreation aide in the Child and Youth Division, working at the Youth Center. She has been employed by the MWR Department for six years.



Cindy Cody was selected as the MWR Employee of the Year at the MWR breakfast. Cody is currently serving as a cook leader at the Helmsman Complex. She has been a valuable asset to the MWR program since February 1982.

Fans of your good cooking will yell, 'Give us the raspberry!'

By Pam Branch

Raspberry Strudel

1 cup each: butter or margarine (softened), raisins, raspberry preserves, finely chopped walnuts, firmly packed brown sugar, flaked coconut
1 (8-oz.) pkg. cream cheese, softened
3 cups flour
Sifted powdered sugar

down, on ungreased baking sheet. Repeat procedure with remaining dough and filling. Bake 55 minutes at 325 degrees. Slice and serve. Delicious served warm or at room temperature.

Chocolate Raspberry Pie

6 oz. semisweet chocolate, chopped and divided
1/4 cup plus 2 T. seedless raspberry jam, divided
4 cups frozen whipped topping, thawed and divided
1 (9-inch) prepared chocolate cookie crumb piecrust
1 pint fresh raspberries, divided
Heat four ounces chocolate in microwave on high one to 1-1/2 minutes. Stir in three tablespoons jam until melted; cool to room temperature. Fold in 1/2-cup whipped topping until blended. Add 1-1/2 cups whipped topping and stir well. Spoon into piecrust; refrigerate until firm. Fold remaining jam into remaining whipped topping; fold in half the raspberries. Spread mixture over chocolate; cover and refrigerate a minimum of six hours.

Heat remaining chocolate in microwave on high for one minute. Stir until smooth; drizzle over pie. Top with remaining raspberries.

Chocolate Raspberry Cake

1 box Swiss chocolate cake mix without pudding
3 large eggs
1/2 cup each: vegetable oil, whipped cream
1-1/3 cups water
1 (10-oz.) jar seedless raspberry

jam
1 cup semisweet chocolate chips
Beat cake mix, eggs, oil, and water on medium speed of mixer for two minutes. Spoon into three greased and floured eight-inch round cake pans. Bake 18 minutes, or until center tests done, at 350 degrees. Cool cakes in pans on wire racks for 10 minutes. Remove from pans; cool completely on wire racks. Spread jam between layers.
Microwave whipped cream on high

for one minute; add chocolate chips and stir until melted. Pour mixture on top of cake, using spatula to spread on sides. Chill before serving.

Don't forget to send your favorite recipes to the Public Affairs Office, NAVSUPPACT Mid-South, building S-455, Room 137, 5722 Integrity Drive, Millington, TN 38054-5045. Inputs may also be e-mailed to pam.branch@navy.mil.

The Cupboard

Cream butter and cream cheese together; stir in flour. Divide dough into four equal portions. Wrap each in plastic wrap; refrigerate overnight.

Work with one portion of dough at a time; keep remaining dough chilled. Sift powdered sugar lightly over work surface. Roll dough into 12x8-inch rectangle. Combine raisins, preserves, walnuts, brown sugar and coconut; spread one-fourth of mixture over dough. Roll up jellyroll fashion, starting at short end. Pinch seams and ends together. Place roll, seam side

What's new on the TRICARE Web site: update

From the Assistant Secretary of Defense for Health Affairs

TRICARE moves three medications to non-formulary status

Healthcare costs in America continue to rise at rates that are outpacing the overall economy. As with civilian healthcare counterparts, spending for healthcare within the Department of Defense (DoD) continues to rise. We are taking every measure to find economies in every aspect of our healthcare system, while ensuring that our beneficiaries continue to enjoy outstanding clinical care. A major area experiencing a dramatic cost increase is the pharmacy benefit. Pharmacy costs have increased some 500 percent since 2001, and now exceed \$5 billion annually.

As a prudent move to control our pharmacy budget, while ensuring the availability of pharmaceuticals most in demand by consumers and clinicians, we recently announced the selection of three medications to be moved into a non-formulary category. The three brand-name drugs moved are:

- Nexium® (or "esomeprazole"), a medication for ulcers and other stomach problems;
- Teveten® (or "eprosartan"); and
- Teveten HCT® (or "eprosartan with hydrochlorothiazide"), both of which are used to treat high blood pressure.

Moving these medications to non-formulary status does not reduce our ability to provide quality health care. Each medication has been thoroughly evaluated for therapeutic alternatives.

The decision to move these three medications to non-formulary status was based on recommendations by the DoD Pharmacy and Therapeutics Committee. Alternatives to the selected medications are available under our policy that requires the DoD to issue generic equivalent medications, if and when available, unless there is a specific medical necessity for a brand-name medication established by a healthcare provider.

Retiring National Guard and Reserve members may waive waiting time for dental benefits

Some National Guard and Reserve members can now skip the

12-month waiting period for full family dental benefits when they retire, as long as they enroll in the TRICARE Retiree Dental Plan within 120 days of their retirement date.

"Early" TRICARE benefit for some activated National Guard and Reserve members and family members

Some members of the National Guard and Reserve (collectively known as the Reserve Component, or RC), who are issued delayed-effective-date active duty orders for more than 30 days in support of a contingency operation, are eligible for "early" TRICARE medical and dental benefits beginning on the later of either: (a) the date their orders were issued; or (b) 90 days before they report to active duty.

To be eligible for this early TRICARE benefit, RC members and family members must be registered and TRICARE-eligible in the Defense Enrollment Eligibility Reporting System. The member's service personnel office is responsible for determining the member's eligibility for the early TRICARE benefit. The services will notify and advise eligible RC members of their TRICARE medical and dental benefits when their delayed-effective-date active duty orders are issued.

RC members may verify their eligibility for TRICARE through the secure Guard and Reserve Web Portal Web site at <https://www.dmdc.osd.mil/appj/esgr/index.jsp> (if the employer input page appears, click the "BACK" button located on the bottom of the "employer input page"). For assistance with an eligibility problem, members should contact their service point of contact listed on the TRICARE Web site at www.tricare.osd.mil/reserve/reservepoc.cfm.

Uniformed Services Employment Reemployment Rights Act (USERRA) protections for members that ensure an employer-sponsored health plan can be reinstated do not go into effect until the member actually reports for active duty. Therefore, members and their family members are strongly encouraged to consider retaining their employer's health plan coverage until the RC member actually reports for active duty, at which time the RC member and family members are fully covered by USERRA

protections. Additional information on USERRA is available at <http://www.esgr.org/employers2/thelaw.asp>.

For additional news releases, please visit the following: <http://www.tricare.osd.mil/NewsReleases/MilitaryHealthCareSystemnewsarchives>: <http://www.tricare.osd.mil/main/news.html>

Announcements

Important updates to Medicare Part B: The Social Security Administration (SSA) sent letters and Medicare Part B enrollment forms to TRICARE beneficiaries identified as having Medicare Part A only. Recently, SSA announced additional outreach and Medicare Part B assistance to TRICARE beneficiaries. Visit the announcement archives at <http://www.tricare.osd.mil/> for previous announcements.

Updated fact sheets

Remember, there is a fact sheet on listserv. Receiving these updates is a great way to keep abreast of changes made to TRICARE fact sheets. Anyone can subscribe to receive fact sheet updates at <http://www.tricare.osd.mil/Factsheets/mail/mailsub.cfm>.



Navy Youth Programs is registering now for Summer Camp and the Before and After School Program! For more details, call the Youth Center at 874-5155.

It's not too late for summer semester 2005

Let Navy College help you plan for the summer semester so you can register for courses that best fit your schedule. All tuition assistance (TA) forms should be processed before the beginning of the term. Plan ahead and submit your TA at least two weeks prior to the class convening dates. Navy TA pays 100 percent of the tuition cost of any course taken from an accredited college or university.

The Graduate Education Voucher Program is a limited, 24-month program for selected officers to attend a regionally accredited col-

lege or university during their off-duty hours to earn a masters degree in an approved subspecialty area. The Graduate Education Voucher will pay 100 percent of graduate education costs, not to exceed \$20,000 a year, with certain restrictions on books and fees covered. Further details on both programs can be obtained on the Navy College Program Web site, <https://www.navycollege.navy.mil>.

For summer semester class schedules, visit or call your Navy College Office at 874-5290.



The NSA Mid-South's MWR Department will close the car wash, located on the north side of the base, now through May 24 in order to upgrade the car-washing equipment. These upgrades will allow better service to customers. Call 874- 5675 for more information.